

Future Star Soccer: Grades K-3

Kindergarten and 1st Grade Indoor Soccer League

This indoor soccer league will give kindergarten and 1st grade boys and girls the chance to play an organized indoor soccer game each week with experienced coaches. Director Philip Douse will oversee all games throughout the season. No prior experience is required for participation. Games will be Sunday mornings at 9 am, 10 am, and 11 am.

NEW! - 2nd and 3rd Grade Indoor Soccer League

This is an expansion of the very popular Sunday morning kindergarten and 1st grade Future Star Soccer indoor instructional league. 2nd and 3rd graders can now play indoor soccer games each Sunday under the direction of coaches Philip Douse and Alex Eve. Games will be Sunday afternoons at 12 pm, 1 pm, and 2 pm.

Both K-1 and 2-3 grades are set up as follows: The first meeting of seven meetings will be used as an evaluation/fun soccer session with the intention of dividing up the registered children onto equal teams of 12. Skill development, not winning will be stressed. Schedules will be done after the evaluation then placed on the web site (www.futurestarsports.com) for easy access, giving all families the six-game season schedule. Parents interested in having children placed on the same team will need to e-mail Philip at Philip@futurestarsports.com. All teams will receive matching game t-shirts in week two.

Location: Troy Community Center Gym

Session: Oct 26 - Dec 14- no program 11/30

Act#	Grades	Day	Time	Fee
146701A	K-1	Sun	varies	\$89
146701B	2-3	Sun	varies	\$89



Troy Parks and Recreation Youth Sports Philosophy

- Allow all youth to participate.
- Provide a safe and fun environment.
- Teach fundamental skills.
- Develop sportsmanship and camaraderie.
- Place on teams as close to home as possible.

Family Nights at the Community Center Saturdays – September 13, October 11, November 8, and December 13

5-8 pm

Families living in Troy are encouraged to come to the Community Center and recreate together in the gym and pool on select Saturdays of the month. The north court of the gym will be open and family activities will be available including basketball at 8' goals, badminton, parachutes, an inflatable castle and more. In addition to the gym, the pool will be open for normal activities (see pool description on page 37).

Members can participate in all of these activities at no charge. The daily admission cost for a non-member is \$5 per two people (adult and child).

Detroit Pistons Youth Basketball Clinic

Boys and girls sharpen your basketball skills at this fun-packed clinic! Work on ball handling, passing, shooting, defense, rebounding. All players will be grouped according to age and by skill level.

Trophies for free throw championship (by age group) along with giveaways and prizes. (No player appearances.) Space is limited!

Location: Troy Community Center Gym

Act #	Grades	Day	Time	Fee
144300A	1- 7	Sat, Oct 25	3-4:30 pm	\$30



Pre-Rookie Basketball Clinic

Get a head start on your season with five hours of clinical instruction. Designed to introduce and improve basketball fundamentals and techniques in the early elementary years, the clinic will provide fun and challenging instruction. Recreation staff will lead players by building their sport confidence and teaching them how to be a team player. Don't miss out on the fun!

Location: Troy Community Center Gym

Sessions	Grade	Time
Sat, Jan 10	K-1st	9:30-11:30 am
	2nd-3rd	12-2 pm
Thur, Jan 15	K-1st	6-7 pm
	2nd-3rd	7-8 pm
Sat, Jan 17	K-1	9:30-11:30 am
	2nd-3rd	12-2 pm

Act#	Grade	Fee
114105 A	K-1st	\$16
114105 B	2nd-3rd	\$16

Rookie Basketball

An Introduction for Boys and Girls

Introduce your kindergarten – 3rd grader to basketball. This non-competitive program stresses basic basketball skills along with developing sportsmanship and teamwork values. No standings will be kept.

Use grade entering 2008-09 school year when registering

K-1st graders:

Lowered baskets and smaller sized balls encourage children to be successful and develop sport confidence. Clinics and games interspersed throughout the eight week session. Parent coaches assist staff. NO weekday practices. Players game times vary between 9-10 am or 10:10-11:10 am. Sites stay the same.

Fee: \$65

Session: Jan 24 - Mar 21 (8 weeks - no game February 21)

Act#	Site	Day	Time
114100A	Bemis	Sat	9-10 am
114100B	Troy Union	Sat	9-10 am
114100C	Bemis	Sat	10:10-11:10 am
114100D	Troy Union	Sat	10:10-11:10 am

2nd and 3rd graders:

An instructional program, which builds skill level, confidence, and game knowledge. Parent coaches conduct weekday practices and assist at games on Saturdays. Teams have one practice during the week in addition to the Saturday session.

Time and locations will vary each week. Basketball sites are Troy Union, Bemis, Martell, Barnard and tentatively Boulan Middle School. Games times vary: 8:50-10:10 am, 10:10-11:20 am, 11:30 am-12:40 pm.

A required coaches' meeting will be held on Wed, Dec 10 at 6:30 pm at the Community Center. Parents interested in volunteering to coach need to complete Volunteer Form on page 84.

Registration deadline is November 26

Registrations after the deadline will be placed on teams with openings (if available), not necessarily in their school/neighborhood.

Fee: \$65

Session: Jan 24- Mar 21 (8 weeks - no game February 21)

Act#	League	Day
*114101 Boys	2nd grade	Sat
*114102 Boys	3rd grade	Sat
*114103 Girls	2nd and 3rd grade	Sat

*Please indicate what school your child attends on your registration form by using letter key on the form.

Youth Basketball Leagues

The youth basketball program is for boys and girls residing in Troy. Games are played on Saturdays. Early evening weekday practices are held once a week at local schools. Most games played at Troy or Athens High Schools. A t-shirt is included in the fee. Players will be contacted by a volunteer coach concerning the first practice. Divisions are based on current grade as of the fall of 2008 (participants must register in the appropriate grade). Grades may be combined if needed to form a league.

Volunteer Coaches Needed!

Interested individuals should indicate so on registration form and attend the coaches meeting at the Troy Community Center scheduled for Wednesday, September 17 at 6:30 pm for fall leagues and Wednesday, December 10 for winter leagues.

Please note:

- Teams are formed by school and neighborhood which may require some areas to be divided or combined.
- Teams do not stay the same from year to year.
- Registrations after the deadline will be placed on teams with openings (if available), not necessarily in their school/neighborhood.
- Players transferring teams is not permitted.

Grades 4-6

Registration Deadline – August 24

Act#	Grade	Fee
141801	Girls Grade 4	\$55
141802	Girls Grade 5	
141803	Girls Grade 6	
141804	Boys Grade 4	
141805	Boys Grade 5	
141806	Boys Grade 6	

Certified basketball officials assigned for these divisions. Practices begin October 4. Games begin October 13 and end in December.

Grades 7-12

Registration Deadline – November 25

Act#	Grade	Fee
111807	Girls Grade 7/8	\$60
111810	Boys Grade 7	
111811	Boys Grade 8	
111812	Boys Grade 9	
111813	Boys Grade 10	
111814	Boys Grade 11	
111815	Boys Grade 12	

Certified basketball officials assigned for these divisions. Practices begin January 10. Games begin January 24 and end in March.

Volunteer Coach opportunities are available for adults in our sports programs. Make a difference in your child's life by signing up to coach their team. All volunteers will be subject to a background check. Use the Volunteer Form located on page 84 or sign up online.

Ice Skating Lessons

**Troy Sports Center, 1819 East Big Beaver:
248.689.6600**

Learn to skate for hockey or figure skating. If you already know how to skate, you can always improve your skills. Each class will have 25 minutes of instruction and 25 minutes of practice without an instructor. All teachers certified by the U.S. Figure Skating. Students will be divided by age and skill level during the first class. 8-10 students per teacher. Please indicate at registration the last test passed, if any. There will be a one-time annual membership fee (Sept 1-Aug 31) required per new enrollee, payable on the first day, to Troy Academy of Figure Skating. (Includes insurance, handbook, badges and stickers). Students should dress warm; wear gloves, a helmet (bike or hockey) and skates. Skate rental is available for \$3/class.

Christmas Camp (3 days) December 29-31 \$32					
Act #	Ages	Days	Time	Beg	Ends
142403A	All ages	M-W	10:10-11 am	Dec 29	Dec 31

Session 1: 8 weeks - \$87

Act #	Ages	Day	Time	Beg	Ends
142401A	3-7 yrs	Mon	5:10-6 pm	Sept 8	Oct 27
142401B	8-adult	Mon	6:10-7 pm	Sept 8	Oct 27
142401C	All ages	Wed	10:10-11 am	Sept 3	Oct 22
142401D	All ages	Wed	1:10-2 pm	Sept 3	Oct 22
142401E	All ages	Wed	6:10-7 pm	Sept 3	Oct 22
142401F	3-7 yrs	Sat	8:40-9:30 am	Sept 6	Oct 25
142401G	8-adult	Sat	9:40-10:30 am	Sept 6	Oct 25

Session 2: 8 weeks - \$87

Act #	Ages	Day	Time	Beg	Ends
142401H	3-7 yrs	Mon	5:10-6 pm	Nov 3	Dec 22
142401J	8-adult	Mon	6:10-7 pm	Nov 3	Dec 22
142401K	All ages	Wed	10:10-11 am	Oct 29	Dec 17
142401L	All ages	Wed	1:10-2 pm	Oct 29	Dec 17
142401M	All ages	Wed	6:10-7 pm	Oct 29	Dec 17
142401N	3-7 yrs	Sat	8:40-9:30 am	Nov 1	Dec 20
142401O	8-adult	Sat	9:40-10:30 am	Nov 1	Dec 20

Top Reasons Children Should Be Active:

- Develop a healthy lifetime habit.
- Maintain a healthy body.
- Team sports help develop other skills such as interpersonal skills.
- Exercise improves the quantity and quality of sleep.
- Develop a strong self image.
- Improve motor skills.
- Reduce risk of certain diseases.

**Sign them up for one of our
sport programs today!**

Youth Volleyball Girls Grades 6-8

Games are played on Saturdays, in the mornings and early afternoon. Teams are formed primarily by neighborhood and school area. Registrations after the deadline of Sept 10 will be placed on teams with openings (if available), not necessarily in their school/neighborhood. Practices begin Sept 27 and games on Oct 11. No games: Nov 29. Weekday practices are at the discretion of the coach.

Fee: \$55

Location: Boulton Middle School

Registration Deadline: Sept 10

Use grade for 2008-09 school year*

Act#	Grades	Day	Practices Begin	Ends
144200	Girls Grade 7	Sat	Sept 27	Dec 6
144201	Girls Grade 8	Sat	Sept 27	Dec 6
144202	Girls Grade 6	Sat	Sept 27	Dec 6

* Please register child in activity number that correlates to the school they attend. Use grade during the 2008-09 school year.

*A coaches organizational meeting is scheduled for
Wed, Sept 17 at 6:30 pm at the Troy Community Center.*

Floor Hockey

Boys and girls in grades K-3rd grade

Floor hockey is easy and safe to play with specially designed equipment. Children stay physically active during the winter months while playing this fast-paced game. Teams are formed according to neighborhood/school area. (Teams may be combined if an area is low in registration numbers.) Team shirt and participation award will be distributed to all players. Game times will vary.

A required coaches' meeting will be held on Wed, Dec. 10 at 7:45 pm at the Troy Community Center. Parents interested in volunteering to coach please complete the Volunteer Coaches Form on page 84.

The registration deadline is Nov 26. Registrations after the deadline will be placed on teams with openings (if available), not necessarily in their school/neighborhood.

Session: Jan 17-Mar 14 (8 weeks - no league play on Sat, Feb 21)

Act #*	Location	Day	League	Fee
114085*	Larson	Sat	Kind	\$58
114086*	Larson	Sat	1st	\$58
114087*	Larson	Sat	2nd	\$58
114088*	Larson	Sat	3rd	\$58

*Please indicate what school your child attends on your registration form by using letter key on the form.

Downhill Skiing/Snowboarding In 2009 at Mt. Holly Ski Area with Troy Parks and Recreation

Learn a new sport and enjoy this winter by joining our Downhill Ski program! Registration fees do not include rental and/or lift ticket each week. (2007-2008 prices were: Friday lift and rental- \$14 each; Saturday lift and rental-\$16 each). The lift and/or rental fees are collected each week by the Bus Supervisor. Each activity number represents a separate bus. Registration fee includes: supervision, lessons, and transportation.

PROGRAM SESSION: January 9 and 10, 2009 for 5 weeks

Important Dates/Details:

Parent orientation for first time skiers: 7 pm, Tuesday, December 2 at the Community Center.

Kinderspark orientation for participants and parents: 7 pm, Monday, December 1 at the Community Center.

Make-up dates: February 13 and 14, and February 27 and 28 (Past history indicates at least one make-up will be used).

Prorated refunds are NOT given if you cannot attend make-up(s). Make-up is only if ski trip is cancelled by Parks and Recreation.

KINDERSPARKS – (Grades 1-3)

A fun learning experience for beginner skiers entering grades 1-3. Third graders skiing for the first time should register for this level. The day includes a 2 ½ hour lesson that includes a hot chocolate break. 1 to 5 supervision ratio. Max: 30/bus

Act#	Day	Departs From	Check-in/Return Time	Fee	After Dec 3
142360A	Sat	Comm Center	8 am-3:30 pm	\$192	\$217

ELEMENTARY SKIERS – (Grades 3-5)

This program gives a positive introduction and continuation to the sport. Each youngster must take the included five-45 minute lessons. An experienced third grader should register for this level. 1 to 8 supervision ratio; participant must ski with staff member. Youngsters are assigned to groups based on ability and if they rent or own equipment. Max: 40/bus

Act#	Day	Departs From	Check-in/Return Time	Fee	After Dec 3
142365A	Fri	Comm Center	4:15-10:30 pm	\$130	\$155
142365B	Sat	Comm Center	8:30 am-4 pm	\$137	\$162

ELEMENTARY SNOWBOARDING – (Ages 9-11)

This program is designed specifically for this age group. Registration includes five-45 minute lessons, supervision, and transportation. Fee does not include rental which was \$18 in 2007-08. (Current fee for this season will be published in Participant Handbook.) 1-8 supervision ratio; participant must ski with staff member. Max: 40/bus

Act#	Day	Departs From	Check-in/Return Time	Fee	After Dec 3
142365E	Sat	Comm Center	8:30 am-4 pm	\$173	\$198

MIDDLE and HIGH SCHOOL

Students in grades 6-8 or 9-12, participants will ski using “buddy system.” Students do not ski with a staff member at this level. Skiers are responsible for skiing on appropriate ski level hills. Two lessons are included in fee. Students may snowboard in this age group; same fee, only one lesson. Check in time is not bus departure time. Max: 40/bus

Act#	Day	Departs From	Check-in/Return Time	Fee	After Dec 3
142366A	Fri	Boulan	4:15-10:30 pm	\$120	\$145
142367A	Fri	Smith	4:15-10:30 pm	\$120	\$145
142368A	Fri	Larson	4:15-10:30 pm	\$120	\$145
142369A	Sat	Comm Ctr-gr.6-8	8 am-4:30 pm	\$143	\$188
142369B	Sat	Comm Ctr-gr.6-10	8 am-4:30 pm	\$143	\$188
142370A	Fri	THS	4:15-11 pm	\$130	\$155
142371A	Fri	Athens	4:15-11 pm	\$130	\$155
142372A	Fri	Comm Ctr-gr 6-10	4:15-10:30 pm	\$120*	\$145

*Over flow bus for all Friday night buses.



Volunteers Needed!! Ages 14 and older to work on the Kinderspark and Elementary buses. See page 85 for details on how to Volunteer.

Refund Deadline: Monday, December 15; **Refunds:** There is a \$10 service charge for requesting a refund with a packet and patch returned; \$15 service charge when requesting refund without packet and patch.



Troy Youth Soccer League

1977 E. Wattles Road - Suite H

Troy, MI 48085

Phone: 248.524.0170

www.tysl.org or tysl@sbcglobal.net

Fall 2008 registration began May 17, 2008 and ended July 1, 2008. TYSL offers recreational soccer for Troy residents born before July 31, 2001 and who are under 19 years old (proof of age and residency required for all new players). The \$75 registration fee can be paid by cash or check and can be made in person, mailed to TYSL or dropped off at the office door mail slot. Registration forms can be downloaded from our website.

Please note: All inquiries received after July 1, 2008 will be placed on a waiting list and be subject to a \$25 late fee. No refunds after August 1, 2008.

All players must have TYSL game uniforms which are available for \$50 at the TYSL office.

ATTENTION: Troy Athens and Troy High Students

TYSL is offering co-ed soccer this fall for all students between 15 and 19 years old. Sign-up with a friend and you both will be on the same team. Cost is \$75 per person.



Troy Soccer Club provides a higher level of soccer competition and quality of play as compared to the recreational or house program. TSC held tryouts for positions on all teams beginning June 15, 2008. If you would like more information please contact the

TYSL office or visit our website at www.tstroysoccer.org. This is not a Parks and Recreation program offering.

New

Troy 50 Plus Volleyball Tournament

Men and Women Welcome - Men's rules

When: Thursday, September 25, 10 am

Check in 9:15-9:30 am, warm up 9:30-10 am

Where: Troy Community Center

3179 Livernois, just north of Big Beaver

Entry Fee: \$48 per team – Act #145900A

If you are interested in playing but do not have a team, register for Act #145900B and we will attempt to place you on a team.

Entry Deadline: Friday, September 12

Details: Number of games will be determined by number of teams entered. Guaranteed at least three matches. Players must be at least age 50 in the 2008 calendar year. Teams will be required to officiate when not playing.

**For more details call Elaine Torvinen
at 248.524.3484.**

Adult Tennis Leagues Troy Racquet Club

3400 Civic Center Dr.

248.528.3400

Organized round-robin play for men and women. These leagues are designed for intermediate players, 3.0/3.5 level, according to the NTRP rating. Players are responsible for tennis balls during league play. **Please note that NO REFUNDS will be granted unless we have someone to take your place.**

Session: September 16-January 11

Weeks: 15 - no play on Nov 29, 30 and Dec 27, 28 & 30

Act #	Class	Day	Time	Fee
142225A	Men's Singles	Tue	6-7 am	\$184
142225B	Men's Singles	Sat	7-8 am	\$214
142225C	Men's Singles	Sat	8-9 am	\$245
142225D	Women's Singles	Sun	7-8 pm	\$208

Senior Doubles Tennis League

This league is for men and women 55 and older. Organized round-robin play is held at the Troy Racquet Club at 3400 Civic Center Drive. Doubles partners will be provided. **Please note that NO REFUNDS will be granted unless we have someone to take your place.**

Session: September 17-January 7

Weeks: 16-no play on Dec 24

Act #	Class	Day	Time	Fee
142226A	Seniors	Wed	1-3 pm	\$150

2008-09 Adult Basketball League

League play begins October 2008 - March 2009. League information mailed the week of August 25. Returning teams have priority to register first. **New this Year: leagues are allowed an unlimited number of non-residents (non-residents pay an additional fee).**

Division A

Thursdays, Larson Middle School (best caliber)

Division B

Mondays, Smith Middle School (average caliber)

Division C

Thursdays, Baker Middle School (average caliber)



Division D

Tuesdays, Smith Middle School – Co-ed division

Division F

Wednesdays, Smith Middle School – Over 30 age division

**If you have questions call
Parks and Recreation at 248.524.3484.**

Tennis Lessons

Improve your tennis game with lessons at the Troy Racquet Club (Bubble), 3400 Civic Center Drive. Participants must wear tennis shoes and bring their own racquet. Tennis balls are provided. Baby-sitting is available Monday - Friday until 3 pm for \$3 per hour.

**Refunds for indoor tennis lessons must be requested
five days prior to first class.**

Beginner I - Person has never played tennis in the past.

Beginner II - Maybe had one session of lessons.

Advanced Beginner - Person has had more than one session of lessons, practices skills, serious about tennis. (2.0-2.5 player.)

Intermediate - Person should be able to rally and volley comfortably with a decent serve. (3.0 player)

A Level - must be 3.5 or better.

A-B Level - Intermediate to advanced player.

Junior Excellence - Includes current tournament players, beginner tournament players or high school level.

**Session begins: September 15
No lessons after 3 pm on Nov 26**

JUNIORS-ages 7-17 Instr: Curt Smith & Staff

Act #	Class	Day	Time	Wks	Fee
142290A	Beg II (8-14)	Mon	4-5 pm	7	\$118
142290B	Int (10-15)	Wed	4-5 pm	7	\$118
142290C	Beg I (7-10)	Thu	4-5 pm	7	\$118
142290D	Adv Beg (10-14)	Thu	5-6 pm	7	\$118
142290E	Beg II (8-10)	Sat	9-10 am	7	\$118
142290F	Adv Beg (10-14)	Sat	10-11 am	14	\$238
142290G	Int (10-13)	Sat	11 am-12 pm	14	\$238
142290H	Int (14-17)	Sat	12-1 pm	7	\$118
142290J	Jr Exc (10-17)	Sat	1-3 pm	7	\$188
142290K	HS Jr. Exc	Sun	6-8 pm	7	\$188
142290L	HS Jr Exc	Sun	2-4 pm	7	\$188

ADULTS Instr: Curt Smith & Staff

Act #	Class	Day	Time	Wks	Fee
142295A	Int	Mon	7-8 pm	14	\$238
142295B	Int	Wed	8-9 pm	14	\$238
142295C	Coed A&B Level	Wed	9-11 pm	6	\$185
142295D	Int	Thu	7-8 pm	13	\$220
142295E	Men's A Level	Thu	8-10 pm	6	\$185
142295F	A Level Pract	Sun	8-10 pm	6	\$185

JUNIORS: ages 4-16 Instr: John Kennedy & Staff

Act #	Class	Day	Time	Wks	Fee
142305A	Beg I (6-10)	Tue	4-5 pm	6	\$108
142305B	Jr Devel (10-16)	Tue	4:30-6 pm	6	\$150
142305C	Beg II (8-12)	Tue	5-6 pm	6	\$108
142305D	Adv Beg (8-12)	Tue	5-6 pm	6	\$102
142305E	Beg I (10-14)	Tue	5-6 pm	6	\$108
142305F	Adv Beg(12+)	Wed	4-5 pm	6	\$108
142305G	Beg II (8-12)	Wed	5-6 pm	6	\$108
142305H	Int (12-16)	Thu	4-5 pm	6	\$108

142305J	Adv Beg (8-12)	Thu	5-6 pm	6	\$108
142305K	Jr Exc (10-18)	Fri	4-6 pm	6	\$190
142305L	Beg I (6-10)	Fri	4-5 pm	6	\$108
142305M	Adv Beg (8-12)	Fri	4-5 pm	6	\$108
142305N	Beg II (8-12)	Fri	5-6 pm	6	\$108
142305P	Adv Beg (10-14)	Fri	5-6 pm	6	\$108
142305Q	Int (10-15)	Fri	5-6 pm	6	\$108
142305R	Beg I (6-10)	Sat	11-12 pm	6	\$108
142305S	Jared's Adv Pract	Sat	12-2 pm	6	\$190
142305T	Adv Beg (10-14)	Sat	2-3 pm	6	\$108

ADULTS Instr: John Kennedy & Staff

Act #	Class	Day	Time	Wks	Fee
142300A	Cardio Tennis	Mon	10-11 am	6	\$108
142300B	Beg I	Mon	5-6 pm	6	\$108
142300C	Adv Beg (2.5)	Tue	9-10 am	6	\$108
142300D	Int	Wed	5:30-7 pm	6	\$150
142300F	Int (3.0)	Fri	9-10 am	6	\$108
142300G	Adv Beg (2.5)	Sun	4-5:30 pm	6	\$150
142300H	Int (3.0)	Sun	5:30-7 pm	6	\$150
142300J	Beg I	Sun	7-8 pm	6	\$108
142300K	Adv Beg	Sun	8-9 pm	6	\$108

JUNIORS: ages (4-16) Instr: Rob Olmstead and Staff

Act #	Class	Day	Time	Wks	Fee
142310A	PeeWee (4-6)	Thu	4-5 pm	7	\$120
142310B	Beg (6-10)	Sun	12-1 pm	7	\$120
142310C	Adv Beg (8-12)	Sun	1-2 pm	7	\$120
142310D	Adv Beg (10-14)	Sun	2-3 pm	7	\$120

ADULTS Instr: Rob Olmstead and Staff

Act #	Class	Day	Time	Wks	Fee
142310E	Beg	Mon	6-7 pm	6	\$110
142310F	Adv Beg	Mon	6-7:30 pm	6	\$160
142310G	Inter	Tue	6-8 pm	6	\$190
142310H	High -Int	Tue	8-10 pm	6	\$190
142310J	Adv (3.5+)	Tue	8-10 pm	6	\$190
142310K	Adv Beg	Sat	11am-1pm	6	\$190

PeeWee Lessons

142227A	PeeWee(4-6)	Mon	1-2 pm	6	\$102
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Open House Mixer

September 27th

7-10 pm

\$10/person

All ages welcome!!

For details call 248.528.3400.

Register Online August 19 at 8 am at:

www.troymi.gov/parksandreconline

Walk-in and Non-residents register: August 26

Sanchin-Ryu Karate

A non-competitive self defense program experience from the Okinawan Sanchin-Ryu Karate Association. Promotion system available at an additional fee. Sanchin is an ongoing study set up in sessions.



Youth Karate and Self Defense – includes movements, conflict resolution, leadership skills, peer pressure management, confidence, self-esteem building, dealing with bullies and promoting fitness. Parents are encouraged to attend.

Open Individual and Family Karate – includes movements, stress management, conflict resolution, confidence building, coordination, practical application and fitness.

Instructor: Bill Weber, 6th Degree Black Belt

Location: Morse Elementary School

Session 1: Wednesdays, Sept 10-Oct 22 (7 weeks)

Act#	Level	Grade	Day	Time	Fee
144040A	Youth/Self Def.	K-8	Wed	6:30-7:30 pm	\$37
144040B	Family	K & up	Wed	7:30-9 pm	\$91
144040C	Open Individual	6th & up	Wed	7:30-9 pm	\$46

Session 2: Wednesdays, Oct 29-Dec 10 (6 weeks-no class 11/26)

Act#	Level	Grade	Day	Time	Fee
144040D	Youth/Self Def	K-8	Wed	6:30-7:30 pm	\$32
144040E	Family	K & up	Wed	7:30-9 pm	\$78
144040F	Open Individual	6th & up	Wed	7:30-9 pm	\$39

Japanese Shotokan Karate

A traditional Japanese art focuses on strong basic blocks, punches and kicks. Learn self-defense, controlled sparring and Kata in addition to a series of techniques to defend against multiple attackers. Develop balance, coordination, discipline, confidence, courtesy and endurance. Students wear loose fitting clothes, no jewelry. Uniforms available for purchase. Those advancing in rank require a uniform. The minimum age is 7. For further information contact Jerry Morrone at 248.478.4623 or visit the website at www.mmshotokankarate.com



Instructor: Jerry Morrone, 5th Degree Black Belt

Location: Costello - Gym

Fee: \$46

Session I: Mondays, Sept 8-Oct 20 (7 weeks)

Act#	Level	Ages	Day	Time
144035A	Beg	7-13 yrs.	Mon	6:30-7:20 pm
144035B	Int/Adv	7-13 yrs.	Mon	7:20-8:10 pm
144035C	Beg	14 and older	Mon	8:10-9 pm
144035D	Int/Adv	14 and older	Mon	8:10-9 pm

Session II: Mondays, Oct 27-Dec 8 (7 weeks)

Act#	Level	Age	Day	Time
144035E	Beg	7-13 yrs.	Mon	6:30-7:20 pm
144035F	Int/Adv	7-13 yrs.	Mon	7:20-8:10 pm
144035G	Beg	14 and older	Mon	8:10-9 pm
144035H	Int/Adv	14 and older	Mon	8:10-9 pm

Judo and Streetwise Self-Defense

Judo is a martial art that teaches throwing and grappling techniques used in close quarter self-defense. An Olympic event since 1964, this sport is great for all ages! We have beginners from age 6 to 50. Self-defense prepares individuals with skills of everyday survival on the street. A combination of Jujitsu, Karate and common sense skills make this class a must!

Students wear sweat pants and sweat shirts. Join our staff of 4 black belts with 16 years of experience. Head Instructor: Dan Van Hemm, 3rd degree Black Belt, Coaches: John Berra, 3rd degree Black Belt, Gary Wood, 3rd degree Black Belt, Louise Ullman, 2nd degree Black Belt. Visit our website at www.troyjudo.com For more information contact Dan Van Hemm at 248.877.6732.

Location: tentatively scheduled for Old Baker Middle School

Fee: \$46 individual \$96 Family (2 or more in family) Self-Defense \$23/Individual; \$46/Family

Session I: Mondays, Sept 8 - Oct 20 (7 weeks)

Act# (Indiv.)	Level	Age	Time	Family Fee
144030 A	Beg	6-13	6:30-7:30 pm	144030 G
144030 B	Int/Adv	6-13	7:30-8:30 pm	144030 H
144030 C	Beg	14 & over	7:30-8:30 pm	144030 I
144030 D	Int/Adv	14 & over	7:30-8:30 pm	144030 J
144030 F	Self Def.	14 & over	8:30-9 pm	144030 L

Session II: Mondays, Oct 27 - Dec 8 (7 weeks)

Act# (Indiv.)	Level	Age	Time	Family Fee
144031 A	Beg	6-13	6:30-7:30 pm	144031 G
144031 B	Int/Adv	6-13	7:30-8:30 pm	144031 H
144031 C	Beg	14 & over	7:30-8:30 pm	144031 I
144031 D	Int/Adv	14 & over	7:30-8:30 pm	144031 J
144031 F	Self Def.	14 & over	8:30-9 pm	144031 L

Gymnastics

Troy Gymnastics, 1600 W. Maple, Troy
248.816.TGYM

All participants must pay an annual membership fee of \$25 paid directly to Troy Gymnastics prior to the first day class.

Session I (September 2 – October 27; 8 weeks)

Session II (October 28 – December 21; 8 weeks)

Age 3

This class is for boys and girls. We will begin the exploration of gymnastics basics using music, obstacle courses and more in our weekly lesson plan to create a fun environment for your child.

Act #I	Act #II	Day	Time	Fee
141900A	141900AA	Wed	10-10:45 am	\$85
141900B	141900BB	Thu	12:45-1:30 pm	\$85
141900C	141900CC	Sat	11-11:45 am	\$85
141900D	141900DD	Sat	11:45 am-12:30 pm	\$85

Ages 4 to Kindergarten

We will begin the exploration of gymnastics basics and will use music and activities to create a fun environment for your child.

Act #I	Act #II	Day	Time	Fee
141901A	141901AA	Wed	4-4:55 pm	\$98
141901B	141901BB	Thu	1:30-2:25 pm	\$98
141901C	141901CC	Thu	4-4:55 pm	\$98
141901D	141901DD	Sat	11:45 am-12:40 pm	\$98

Boys 4-6

Boys will begin to learn the basics of gymnastics on the boys equipment developing strength and coordination that can help them in all sport activities.

Act #I	Act #II	Day	Time	Fee
141902A	141902AA	Thu	5-5:55 pm	\$98
141902B	141902BB	Sat	1-1:55 pm	\$98

Boys 6 and older

Weekly lesson plans will be designed to meet the needs and skills of each child. Students will be working on all apparatus.

Act #I	Act #II	Day	Time	Fee
141903A	141903AA	Wed	4:30-5:55 pm	\$135
141903B	141903BB	Sat	9-10:25 am	\$135

Girls 6-8

Weekly lesson plans will be designed to meet the needs and skills of each child. Students will work on all apparatus.

Act #I	Act #II	Day	Time	Fee
141904A	141904AA	Wed	6:30-7:55 pm	\$135
141904B	141904BB	Thu	5-6:25 pm	\$135
141904C	141904CC	Sat	12-1:25 pm	\$135

Girls 7 and older

Weekly lesson plans will be designed to meet the needs and skills of each child. Students will work on all apparatus.

Act #I	Act #II	Day	Time	Fee
141905A	141905AA	Wed	5-6:25 pm	\$135
141905B	141905BB	Thu	6:30-7:55 pm	\$135
141905C	141905CC	Sat	11:45 am-1:10 pm	\$135

Skate World of Troy

2825 E. Maple Rd.; 248.689.4100

Basic balance is required for most of the structured classes. Otherwise we recommend you attend one of the "Learn to Skate sessions" which there is open skating before and after a 20 min. GROUP lesson. **In these classes we offer ONLY GROUP INSTRUCTIONS.** Structured classes have one instructor for every 25 students. ONE-ON-ONE teaching is not offered during these classes.

Learn to Skate - For beginners of all ages. Two hours open skating with 20 minute GROUP instruction in starting, stopping, forward skating, and introduction to backward skating.

Adult Beginners - Ages 15 and older. 6 one-hour GROUP lessons in starting, stopping, forward, intro to backward, skate dancing.

Children Beginners - ages 14 and under. Six 45-minute GROUP lessons in starting, stopping, forward skating, introduction to backward and free style skating. Music and games. If you lack basic balance, take Learn to Skate first.

Children Advanced - For ages 5 - 14. This class includes six 45-minute GROUP lessons in perfecting starting, stopping, forward skating, introduction to backward skating, figure skating, and free style skating. Must have basic balance.

Blading Class - For beginners ages five and older. You may use your own approved in-line skates if they are "rink safe." Rentals are available at \$2.50 per class. Wear comfortable clothing, and we recommend kneepads, wrist guards and a helmet (bike helmet). Please arrive one-half hour early for the first class. One hour class.

Session: Sept 16-Oct 25 - 6 weeks

Act#	Class	Ages	Day	Time	Fee
142220A	Blading	5 and older	Tue	5:30-6:30 pm	\$36
142220B	Learn to Skate	All	Wed	4-6 pm	\$30
142220C	Adult Beg	15 and older	Wed	10-11 am	\$36
142220D	Child Beg	14 and under	Sat	12-1 pm	\$36
142220E	Child Adv	5-14	Sat	12-1 pm	\$36
142220F	Learn to Skate	All	Sat	10 am-12 pm	\$30

Adult Volleyball Leagues

NEW! 2 Season Format!

First season will begin in early September and continue through mid December. Second season will begin in early January and continue through mid April. Registration fee discount for signing up for both seasons in August. Sign up by team only. Individuals may submit their name to be placed on a list that is made available to teams needing players.

League	Day	School
Men's B	Wednesday	Boulan
Men's C	Monday	Boulan
Women's B and C	Thursday	Boulan
Coed C	Wednesday	Boulan
Coed B	Tuesday	Boulan

New non resident rule for 2008! No limit on number of non residents per team. To receive league information, please call 248.524.3484.